



eliminating racism
empowering women
ywca

LAP POOL SCHEDULE

April 29th - May 26th

	LAP SWIM	WATER EXERCISE	PROGRAMMING
M O N D A Y	5:30-7:30 AM	AQUA BODY STRONG (CAT) 5:15-5:45 AM	SWIM LESSONS 4:30-6:55 PM
	9:25-1:00 PM	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM	PORPOISE CLUB 5:30-6:30 PM
	4:00-8:00 PM*	DEEP WATER AEROBICS (PAT) 9:25-10:10 AM AQUA ZUMBA (NATALI) 10:15-11:00AM	
T U E S D A Y	5:30-7:30 AM	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM	SWIM LESSONS 4:30-6:55 PM
	10:15 AM-1:00 PM		
	4:00-8:00 PM*		
W E D N E S D A Y	5:30-7:30 AM	AQUA BODY STRONG (CAT) 5:15-5:45 AM	SWIM LESSONS 4:30-6:55 PM
	9:25 AM-1:00 PM	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM	PORPOISE CLUB 5:30-6:30 PM
	4:00-8:00 PM*	DEEP WATER AEROBICS (PAT) 9:25-10:10 AM AQUA ZUMBA (NATALI) 10:15-11:00 AM	
T H U R S D A Y	5:30-7:00 AM	DEEP WATER AEROBICS (JANE) 6:00-6:45 AM	SWIM LESSONS 4:30-6:05 PM
	10:15 AM-1:00 PM	AQUA BODY STRONG 10:15-10:45 AM	
	4:00-8:00 PM*	(ROTATING INSTRUCTORS)	
F R I D A Y	5:30-7:30 AM	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM	
	9:30-1:00 PM	DEEP WATER AEROBICS (PAT)	
	4:00-6:00 PM	9:25-10:10 AM	
S A T	8:00-10:15 AM	AQUA BODY STRONG (TABATHA OR AMY) 9:30-10:15 AM	SWIM LESSONS 8:30-10:05 AM
	1:00-5:00 PM		DIVING CLUB 10-Noon
S U N	1:00-5:00 PM		

Hours are subject to change for events

* Lane space is limited. Swimmers must share lanes when applicable. Program classes have priority. Lap Swim times with an * may be limited to 1-2 lanes due to programming

Swim test are required for patrons 14 and younger. The swim test is one length of the pool

Swim suits are required at all times

Children under 8 must be supervised by an adult at least 14 years old on the pool deck

Children under 6 must be supervised by an adult at least 14 years old in the water

Lifeguards reserve the right to administer swim tests as needed

Lap pool is for exercise swimming only; persons not following guidelines will be asked to leave

Lanes available for lap swimming will be posted in pool area

Join us for family swim night May 17th from 4-7 p.m. Free and open to the community so invite your friends to join!

Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org



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REC POOL SCHEDULE

April 29th - May 26th

	FITNESS/OPEN SWIM	WATER EXERCISE	PROGRAMMING
M O N D A Y	OPEN SWIM 7:00-8:30 PM	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (Pat) 8:30-9:15 AM RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM VORTEX (TAMMY) 6:00-6:45 PM	SWIM LESSONS 10:05-10:50 AM SWIM LESSONS 4:30-6:55 PM
T U E S D A Y	FITNESS SWIM 7:00-8:30 AM FITNESS SWIM/OPEN SWIM 11:00 AM-1:00 PM NO SPRAY FEATURES OPEN SWIM 7:00-8:30 PM	SENIOR AQUA AEROBICS(Judy) 8:30-9:15 AM MOVING & STRETCHING 10:15-11:00 AM (CONNIE) VORTEX (SANDY) 12:15-1:00 PM SENIOR AQUA AEROBICS 1:00-1:45 PM (CONNIE) AQUA AEROBICS (Amy) 6-6:45 PM	SWIM LESSONS 4:30-6:55 PM
W E D N E S D A Y	OPEN SWIM 7:00-8:30 PM	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (CAROLYN) 8:30-9:15 AM RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM VORTEX (TAMMY) 6:00-6:45 PM	SWIM LESSONS 10:05-10:50 AM HOME SCHOOL (SHELLEY) 3:00-3:45 PM SWIM LESSONS 4:30-6:55 PM
T H U R S D A Y	FITNESS SWIM 7:00-8:30 AM FITNESS SWIM/OPEN SWIM 11:00 AM-1:00 PM NO SPRAY FEATURES OPEN SWIM 7:00-8:30 PM	SENIOR AQUA AEROBICS(Judy) 8:30-9:15 AM MOVING & STRETCHING 10:15-11:00 AM (CONNIE) VORTEX (SANDY) 12:15-1:00 PM SENIOR AQUA AEROBICS 1:00-1:45 PM (CONNIE) AQUA AEROBICS (Amy) 6-6:45 PM	SWIM LESSONS 4:30-6:55 PM
F R I D A Y	SENIOR SWIM 9:15-10:45 AM OPEN SWIM 4:00-7:00 PM	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (Pat) 8:30-9:15 AM RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM ADAPTIVE AEROBICS (Christine) 4:15-5:00 PM	
S A T U R D A Y	OPEN SWIM 1-5 PM		SWIM LESSONS 8:30-10:05 AM
S U N D A Y	OPEN SWIM 1-5 PM		

Hours are subject to change for events

Swim test are required for patrons 14 and younger. The swim test is one length of the pool

Slide availability determined by number of patrons

Swimmers must be 48" tall to use the green water slide

Swim suits required at all times

Children under 8 must be supervised by an adult at least 14 years old on the pool deck.

Children under 6 must be supervised by an adult at least 14 years old in the water

Multiple activities scheduled in this pool at the same time

Only adults 18+ may use spa when recreation pool is closed

Join us for family swim night May 17th from 4-7 p.m. Free and open to the community so invite your friends to join!

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